

Sensory Circuits

A movement-based programme to get children's bodies and brains ready for learning.

What are Sensory Circuits?

Sensory Circuits are short, active sessions (usually 15–20 minutes) carried out at the start of the school day. They use specially chosen physical activities to help children:

- Wake up and feel alert
- Organise their bodies
- Calm down and prepare to learn

Why do them?

Some children find it hard to focus, sit still, or feel settled in class. Sensory Circuits can:

- Improve attention and concentration
- Support emotional regulation
- Build motor skills and coordination
- Help children feel calmer and more confident

The Three Stages

1. Alerting Activities

Get the body moving and wake up the brain.

Examples: star jumps, bouncing, skipping, jogging.

2. Organising Activities

Challenge balance, timing, and body awareness.

Examples: balancing on a beam, crawling, throwing and catching, climbing.

3. Calming Activities

Slow the body down, promote focus, and prepare for the classroom.

Examples: deep pressure (rolling a therapy ball), wall pushes, slow stretches, yoga poses.

How are Sensory Circuits run?

- Small groups of children (or individuals)
- 3–4 activities in each stage
- Staff guide and encourage but keep pace brisk
- Sessions are **fun, structured, and predictable.**

Who benefits?

- Children with sensory processing difficulties
- Pupils who find it hard to settle at the start of the day
- Anyone who needs an extra boost to get “ready to learn”

Tips for Success

- Keep sessions consistent (same place, same time).
- Use visual prompts if helpful (photos or symbols).
- End with calming activities so children return to class settled.
- Liaise with parents and therapists for individual needs.

Sensory Circuits are not just exercise – they are a powerful tool to support children’s readiness to learn.

 *For more information, please speak to Juniper Therapy.*